

19

FIRST

ANNUAL REPORT

OF THE

ARGYLL DISTRICT ASYLUM

FOR THE INSANE.

1864.



GLASGOW:

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REPORT
OF THE
DISTRICT LUNACY BOARD
TO THE
COMMISSIONERS OF SUPPLY
FOR THE COUNTY OF ARGYLL.

FOR facility of reference, there is hereto appended a copy of the last Report of the District Lunacy Board, dated Monday, 29th April, 1862.

At the date of the General Meeting of 30th April, 1863, the District Asylum had not been opened for the reception of patients; nor had the works connected with the laying out and fencing of the grounds, and the formation of garden, roads, shrubberies, &c., been fairly commenced. In the circumstances it was not deemed expedient to present any report to the Commissioners of Supply.

The Asylum was opened for the reception of patients on the 26th of May, 1863.

For the details of the internal management of the Institution, reference is made to the interesting Report of the Medical Superintendent—to the entries by Sir James Coxe and Dr. Browne, which are printed in an Appendix—to the observations of the Visiting Members, as well as to the General Minutes of the District Board.

In the Appendix will be found an Abstract of the Accounts, including the cost of the erection, fitting up and furnishing of the Asylum, and the expense of the maintenance of patients,

salaries of officers, and other ordinary charges of the establishment, from the commencement till the month of April now current.

In the Report, dated 29th April, 1862, already adverted to, it was explained that the District Board had adopted, as the guiding rule of their proceedings, the instructions embodied in a resolution proposed by Mr. Campbell of Ormsary, seconded by Mr. M'Lean of Ardgour, and adopted by the General Meeting of 30th April, 1861, to the effect that an Asylum capable of containing 120 patients, and suitable to the wants of the County, may be erected without any wide departure from the rules of ordinary domestic architecture, and at a moderate expense.*

In the Fourth Annual Report of the General Board of Commissioners in Lunacy for Scotland, pages 16 and 17, it was stated that so far as the works had been contracted for at the date of that Report (1862), their cost would be for mason, wright, plumber, slater, plaster work and enclosing wall, £7,482 3s. 9d.

It was added that the cost of water supply, gas pipes, and dressing the grounds, had not been ascertained; but the cost per head, including interim accommodation in the Asylum for the Medical Superintendent, would be about £52 13s. 9d., in so far as estimates had then been made.

After mature consideration, the District Board resolved to erect and furnish, within the grounds, but at a certain distance from the Asylum, a residence for the Medical Superintendent. The reasons on which that resolution was founded it is unnecessary to detail. It may be sufficient to state generally that it is not considered to be conducive to the health or comfort of a Medical Superintendent to have his private residence under the roof of a district pauper lunatic asylum; nor is it expedient to require an officer, selected solely in respect of his professional eminence and private character, to incur the expense of furnishing the house assigned to him for his residence.

* From three selected architects plans and estimates, as under-noted, had been received for the erection of a District Asylum capable of containing two hundred pauper patients:—

James Mathews,	-	-	-	-	-	-	£28,521	0	0
James C. Walker,	-	-	-	-	-	-	20,586	16	9
David Cousin,	-	-	-	-	-	-	17,150	0	0

A young officer, in the outset of professional life, may be admirably qualified for the office of medical superintendent, although he may not be prepared to furnish a house; while an officer may be amply provided with worldly means, without being possessed of those professional and personal qualifications which are desiderated in the head of a district asylum.

From the Abstract Accounts in the Appendix, it appears that the cost of the fabric of the Asylum, including the private residence of Dr. Sibbald, may be stated, in round numbers, at £10,491; fitting up, furnishing, &c., £2,930; draining, planting, fencing and improving grounds, £1,496.

It would appear that the total cost of building and furnishing, draining, inclosing, planting and laying out the grounds, with relative incidents (£2,265), valuation of wood and houses, expense of forming roads, &c. (£465), amounts to £17,647.*

When, in obedience to the wishes of the Commissioners of Supply, the District Lunacy Board undertook to have an asylum erected at a moderate expense, and without any wide departure from the rules of ordinary domestic architecture, it was plainly on the elevation and construction of the fabric that the contemplated saving was to be effected. It was not intended that, to any considerations of economy, the welfare or comfort of the inmates should be sacrificed. On the contrary, the District Board desired to give full development to the improvements which modern science and experience had introduced into institutions for the care and treatment of pauper lunatics.†

It happened, fortunately, that the eminent architect to whom the preparation of the plans had been confided, had bestowed

* See Abstract, printed in Appendix.

† "There are individual exceptions, no doubt; but it is not within our experience that, as a class, any portion of the insane are ever reduced so low as to be incapable of some improvement. Nor is it less certain that improvement of any kind will never be effected in the worst patients by associations belonging to the habits that have degraded them. Influences directly contrasting with those habits constitute the only chance of redemption. It is upon the endeavour to open to them, in their darkened and deplorable condition, that glimmering prospect of something better from which humanity is never entirely shut out, that the chief expectation must rest of at last arousing in them anything allied to self-respect. *This is the basis of all amendment, and it is for this that unceasing effort should be made.*"—(*Extract from the Seventeenth Report of the Commissioners in Lunacy, to the Lord Chancellor.*—(Signed) SHAFTESBURY, Chairman.)

much attention on the internal economy of domestic architecture, and hence the ventilation, as well as the distribution of day rooms, dormitories, corridors, &c., had received from Mr. Cousin the most careful and enlightened consideration.

While nothing was wasted on the external form or ornamentation of the fabric, nothing was spared that science or skill could suggest, in order to render the internal accommodation as complete and as perfect as possible.

The Commissioners of Supply will form their own estimate of the degree of success which has attended the labours of Mr. Cousin. To the Commissioners of the General Board of Lunacy the result appears to be satisfactory;* and the District Board take this opportunity of renewing the expression of the cordial sense which they entertain of the rare ability and success with which Mr. Cousin has carried out the wishes of the District Board, acting under the instructions embodied in the resolution of the General Meeting of 30th April, 1861.

On the 2nd of December last, as explained in the report of the Medical Superintendent, the laundry and washing-house attached to the Asylum were consumed by fire.

The result of a careful inquiry into the circumstances in which the fire originated, did not disclose any blame attaching to any officer of the Institution, nor any defect connected with the heating apparatus.

The damage sustained was fully covered by insurance, and the laundry and washing-house have been rebuilt at the cost of the insurance company.

The cost of laying out the Asylum grounds, including the formation of an excellent kitchen garden exceeding 2 acres in extent, is not excessive in the circumstances. Great credit is due to Mr. John Currie, the landscape gardener employed, for the artistic skill and taste displayed in overcoming the inequalities of the ground, and in transforming a boggy and rugged hill side into a handsome park, broken up into graceful slopes and shrubberies, and of well-sheltered and varied beauty.†

* See Entries by Sir James Coxe and Dr. Browne, in Appendix.

† "Good food, cleanliness, tranquillity, good air, free exercise out of doors, cheerful mental recreations, agreeable objects, pleasant walks, various employ-

The wire fencing put up by Messrs. Bain & Co., of the Lochrin Iron Works, has been extremely well executed, and at a reasonable cost.

Even had the outlay connected with the improvement of the grounds been larger than it has been, the fact could not have been overlooked that 50 acres of land had been feued by a former District Board, under the advice of the General Board of Lunacy for Scotland. The same observation which applies to a large house, applies to a large area of ornamental ground.

The cost of enclosing, draining, trenching, fencing and planting 50 acres is necessarily greater than that of dealing in the same manner with an area of 30 acres; and, by parity of reasoning, the cost of the fitting up, furniture, and establishment appropriate to a large and costly fabric, would have been proportionately greater than what has attended the fitting up with furniture and a becoming establishment the smaller and more unpretending fabric which has arisen under the orders and supervision of the District Board; and which has hitherto been found sufficient for its purposes, and for the wants of the County.

It is due to Dr. Sibbald and to the establishment over which he presides, to state that he enjoys the full confidence and esteem of the District Board.

On the 12th instant, the Asylum was visited by Dr. Browne, one of the Commissioners in Lunacy for Scotland, who concludes the report of his inspection in the following laudatory terms: "The progress and present state of this Establishment are highly satisfactory, and indicate sound discretion and good management."

As the Asylum is at some distance from the pier at Ardrishaig, and as the cost of carriage is considerable, it has been deemed expedient to contract for the erection of a small stable and cart-house. The economy to be effected in the matter of

ments within doors and without, but especially in farms and gardens, are all acknowledged, in all Asylums, powerfully to contribute to the recovery of the curable patients, and to the comfort and happiness of all. Without these, even kindness, patience, and humane attention are ineffectual."—(*Extract from a Letter from Dr. Conolly on Bethlehem Hospital. Printed in Appendix to Seventeenth Report of the Commissioners in Lunacy.*)

carriage will soon indemnify the Asylum for the cost of the stable and for the price and keep of the horse.

A contract has also been entered into for the erection of a lodge at the principal entrance into the grounds. It is thought that the lodge, which is being erected from plans prepared by Mr. Cousin, will be sufficient for the accommodation of a servant qualified to perform the duties ordinarily assigned to a gate-keeper.

The District Board have considered a suggestion, conveyed in Dr. Browne's report and in that of Dr. Sibbald, as to the expediency of attaching pig-styes to the Asylum; but for the present it seems unadvisable to adopt the suggestion.

A pig-stye is in itself an unsavoury and offensive adjunct to a country residence, unless it shall be a model or fancy structure which is maintained without any reference to considerations of economy. That the keeping of pigs in the immediate neighbourhood of a dwelling-house is necessarily either pleasant or economical cannot be admitted. It is understood that the cases of Asylums where the feeding of pigs is supposed to be profitable are altogether exceptional. There are Asylums to which pig-styes are attached where large profits are alleged to be derived from that source; but before determining the exact amount of profit so derived, it would be necessary to ascertain how much of the food fit for the use of the patients, if properly cooked or looked after, finds its way into the pigs' trough.

It may turn out, on a strict scrutiny of the accounts and proceedings of the officers, that what may be termed the wasteful *coulage* of the Asylum kitchens or refectories is the source of the imaginary profit derived from the feeding of pigs.

Apart from the offensive character of pig-styes in immediate proximity to the Asylum at Lochgilphead, and putting out of view the questionable profits to be looked for after deducting expenses, the tendency of piggeries to foster and encourage the plague of rats would, of itself, be an insuperable objection to the creation in such a locality of what it is feared would soon prove a serious nuisance.

The neighbourhood of the Asylum is already so infested with rats that it will require the most active and vigorous efforts to

lessen their number, and, if possible, to dislodge the colony. Any thing calculated to attract them to the Asylum must be studiously avoided.

Instead of introducing pigs, it is thought that true economy will be consulted by an earnest and intelligent effort to minimise the quantity of refuse which is deemed unfit for the food of patients—to endeavour to reduce to the lowest point the *coulage* of kitchen and refectory—and to sell or distribute gratuitously what cannot be made use of within the walls of the Asylum.

With regard to the loans which have been effected by the District Lunacy Board since the date of last report, it will be satisfactory to the Commissioners of Supply to learn, that they have been obtained on terms equally favourable as in the case of the first loan, *i. e.*, at $4\frac{1}{2}$ per cent. That result is mainly due to the able and effective intervention of the legal advisers of the Board, Messrs. M'Lachlan, Ivory & Rodger, W.S., who not only effected the loans on the most favourable terms when the interest of money ranged very high, but who have handsomely declined to accept the commission usually charged by professional gentlemen in similar circumstances.

Since the date of last Report, the Feu Charter and the Disposition of the Blarbuy Springs have been executed and duly recorded in the Register of Sasines.

It is thought that the Assessment for Lunacy purposes, applicable to the present year, may be fixed at $1\frac{1}{2}$ d. in the £.

J. M'DOUGALL.

ANGUS FLETCHER.

F. CAMPBELL.

29th April, 1864.

ARGYLL DISTRICT LUNATIC ASYLUM.

ABSTRACT OF THE ACCOUNTS

OF THE

Argyll District Asylum,

INCLUDING THE

Cost of Erecting, Fitting up, and Furnishing the same; and the Expense of the Maintenance of Patients, Salaries, and other Ordinary Charges of the Establishment, from the Commencement till April, 1864.

I.—ERECTING, FITTING UP, AND FURNISHING.

Valuation of Wood and Houses on Ground, Valuator's Fee, Expense and			
Fees of Charter,	£228	7	1
Expense of Forming Roads, and of Survey by the Road Surveyor of the			
District,	236	14	0
Laying off, Draining, and Improving Grounds, including Landscape Gar-			
dening, Plants and Shrubs, Laying Drain Tiles, Cutting for Pipes, &c.,	1,496	3	11
Mason Work, including Enclosure Walls,	5,300	1	11 $\frac{3}{4}$
Joiner Work,	2,957	1	9
Slater Work,	315	6	7
Plastering,	415	13	1
Painting,	308	4	0
Plumber Work,	892	3	11
Stair Railing, Bells, and Marble Chimney-Pieces,	50	8	1
Heating Apparatus, Chimney Cans and Blacksmith Work,	251	15	9
Cabinet and Upholstery Work, Iron Bedsteads, Grates, Stoves, and other			
Ironmongery,	690	9	5
Sundry Furnishing, entered in House Ledger,	2,239	13	11 $\frac{1}{2}$
Wire Fence, Gates, Iron Plates, Water and Gas Pipes, and Expense of Laying,	432	1	4
Architect's Fee and Expenses,	660	18	0
Salaries to Clerks of Works, and Outlay,	606	18	1
Law Agent's Account, including Insurance on Loan and Interest,	245	12	11
Fees on Loans paid the Agent of the Scottish Equitable,	109	15	9
Interest on Bank Account, April 1864, £58 0s. 5d.; Bank Charges, and			
Advertisement, £2,	60	0	5
Travelling Expenses incurred by Law Agent, Medical Superintendent, and			
House Steward,	56	8	7
Clerks' Incidents, May 1862, £34 18s. 0d.; Insurance, £10 11s. 9d.;			
Freights, £33 19s. 6d.,	79	9	3
Expense connected with Fire in Laundry, £2 7s. 7d.; Miscellaneous,			
£11 5s. 4d.,	13	12	11
<hr/>			
TOTAL, £17,647	0	9 $\frac{1}{4}$	
<hr/>			
AMOUNT OF LOANS FROM THE SCOTTISH EQUITABLE INSURANCE, £16,000	0	0	
EXCESS OF PAYMENTS FALLING TO BE CHARGED TO ASSESSMENTS,	1,647	0	9 $\frac{1}{4}$
<hr/>			
£17,647	0	9 $\frac{1}{4}$	

II.—EXPENSE OF ESTABLISHMENT, MAINTENANCE OF PATIENTS, SALARIES, &c.

Cost of Provisions—particulars stated in House Books,	...	£864	1	6	
Clothing, and sundry Drapery Goods,	586	9	1 $\frac{1}{4}$	
Medicine, and Medical Instruments,	47	18	10	
Books and Stationery,	50	4	5	
Fuel and Light,	274	0	2 $\frac{1}{2}$	
Medical Superintendents' Salaries till November 1863, and					
Retaining Fee,	360	0	0	
Other Salaries and Wages, per House Book,	282	5	1	
					£2,464 19 1 $\frac{3}{4}$
Allowance to Dr. Skae in Superintendent's Absence,		8	8	0
Late Clerk's Salary, and Incidents till May 1863, (5 years,)		109	0	5
Feu-Duty due May 1860, to November 1863, inclusive, £162 10s. per annum,			731	5	0
Interest on Loans till Martinmas 1863,		571	16	11
Property Tax, January 1863, and January 1864,		20	12	6
Assessed Taxes due January 1864,		1	2	6
Poor Rates due May 1863, and May 1864,		43	2	5
					<u>TOTAL, £3,950 6 10$\frac{3}{4}$</u>

CHARGEABLE TO ASSESSMENT IN TERMS OF THE 54TH SECTION
OF THE ACT OF PARLIAMENT.

III.—LOANS FROM THE SCOTTISH EQUITABLE LIFE INSURANCE.

Received at the following dates, to be re-paid by Equal Yearly Instalments,
extending over a period of 30 years:—

1st Loan, December 1861,	£8,000	0	0
2nd do., April 1863,	5,000	0	0
3rd do., February 1864,	3,000	0	0
		<u>£16,000</u>	<u>0</u>	<u>0</u>

R E - P A Y M E N T S .

1st Instalment on £8,000, paid 11th November 1862,	£266	13	4
2nd do., on do., paid do. 1863,	266	13	4
1st do., on £5,000, paid do. 1863,	166	13	4
			<u>700</u>	<u>0 0</u>
Balance of Loans,	<u>£15,300</u>	<u>0</u>	<u>0</u>

IV.—STATE OF THE FUNDS AT APRIL 1864.

FUNDS RECEIVED.

Assessment from the County and Burghs, December 1861,	£1,317	9	3	
Do. do. do., do. 1862,	700	0	0	
Do. do. do., do. 1863,	1,400	0	0	
				£3,417 9 3
Board of Patients, Quarter to 1st August 1863, ...	£160	14	6	
Do., do. 1st November 1863, ...	570	10	6	
Do., do. 1st February 1864, ...	600	18	6	
Do., do. 1st May 1864, ...	595	19	0	
				1,928 2 6
Rent of Ground from May 1859, to May 1862, ...	£131	0	0	
Interest on Bank Account till April 1863, ...	27	10	0	
Interest from the Executors of the late Clerk, ...	9	0	7	
				167 10 7
				TOTAL, £5,513 2 4

DISPOSAL OF FUNDS.

Excess of Expenditure on Erections, &c., I., ...	£1,647	0	9 $\frac{1}{4}$	
Expense of Establishment, &c., II, ...	3,950	6	10 $\frac{3}{4}$	
Re-payment of Loans, III, ...	700	0	0	
				6,297 7 8
				DEFICIENCY, £784 5 4

DUE AS FOLLOWS.

To the Law Agent, Balance of Account, ...	£313	11	9	
„ The Architect, do., ...	310	18	0	
„ Mr. Currie, Landscape Gardener, ...	185	0	0	
„ Lochrin Iron Works, ...	53	6	0	
„ Messrs. James Dickson & Sons, Nurserymen, ...	105	0	0	
„ The Executors of the late Clerk, ...	30	8	4	
„ The Union Bank of Scotland, ...	67	12	11	
				£1,065 17 0
LESS Balance at the Credit of Medical Super-				
intendent, in Bank, ...	£45	14	6	
„ Arrears of Boarding, ...	210	4	6	
„ Arrears of Assessment, ...	25	12	8	
				£281 11 8
				£784 5 4

ARGYLL DISTRICT ASYLUM.

I.—State shewing the original Estimates of the Building, compared with the actual Cost, as now completed and re-measured—exclusive of Furnishings and Day-Time Accounts, &c.

Name of Contractor.	Description of Work.	Original Estimate.	Actual Cost as re-measured.	Increase.
Mr. CALDWELL.	Mason Work of Main Building,	£3,382 9 8	£3,491 6 0½	£108 16 4
	Do. of Enclosing Walls,	295 17 11	358 1 9	62 3 10
Mr. MENZIES. Messrs. ROBERTSON & CAIRNS. Mr. W. DARRIE. Mr. JAMES CAIRD.	Mason Work,	£3,678 7 7	3,849 7 9½	171 0 2
	Joiner Work of Main Building,	2,136 6 2	2,376 4 10½	239 18 8½
	Plumber Work of Do.,	590 0 0	624 7 5	34 7 5
	Slatier Work of Do.,	263 0 0	277 19 6½	14 19 6½
	Plaster Work of Do.,	294 10 0	340 1 9¼	45 11 9¼
Total Contract Work,		£6,962 3 9	7,468 1 4¾	505 17 7¼
The Total Increase on the Main Building as re-measured is thus only £505 17s. 6d., which includes the additional Sheds added after the Contracts were entered on.				

II.—State shewing Works not included in original Contracts, being for Boundary Walls, Day-Time Work, and Fittings connected with the Works in State No. I.

Mr. CALDWELL. Do. Do.	For Boundary Walls, (a separate Estimate,)	552 6 3
	For Reservoir,	144 4 4
	Day Time,	77 8 2½
Mr. MENZIES. Do. Do.	Additional Mason Work,		£773 18 9½
	Day Time Account in fitting up Gas Pipes, Heating Apparatus, Ventilating, &c.,	...	84 4 11¼
	Account for Wood Presses, Tables, and other Furnishings,	...	65 10 10½
Messrs. ROBERTSON & CAIRNS. Mr. SMITH. Messrs. EDMONSTON. Messrs. REDPATH & BROWN. Messrs. EDINGTON. Mr. MEIKLEJON. Mr. GRAY. Messrs. FIELD & ALLAN.	Fire-wood supplied to the Asylum,	20 3 2	...
	Additional Wright Work,		169 18 11¾
	For Gas Fittings and Gas Pipes in the Asylum,	143 17 11
	For Painter Work,	270 4 5
	For Iron Plates,	17 5 6
	For Ironmongery, including Medical Resident's House, (Account not separate,)	176 16 3
	For Iron Pipes for Supply of Water,	248 18 10
	For Heating Apparatus,
	For Grates and Stoves,	182 19 6
	Slate Mantel-Pieces,	235 6 6
Mr. BELL. Mr. LETCH.	For Road Making,	429 1 0
	For Smith Work,	263 0 0
	Total Works on Main Building and Grounds, not included in original Contract,	£2,545 17 6¼

III.— State shewing Cost of Medical Resident's House, Coach House, Stable, and Gate Lodge.

(1) Medical Resident's House.

Name of Contractor.	Description of Work.					
Mr. CALDWELL.	For Mason Work,	£575 14 11 $\frac{1}{4}$
Mr. MENZIES.	For Wright Work,	392 13 10
Messrs. ROBERTSON & CAIRNS.	For Plumber Work,	107 3 6 $\frac{3}{4}$
Mr. W. DARRIE.	For Slater Work,	37 7 1
Mr. CAIRD.	For Plaster Work,	75 11 3 $\frac{3}{4}$
Mr. SMITH.	For Painter Work,	36 9 10
Mr. BRYDEN.	For Bells,	35 18 3
Messrs. WALLACE & WHITE.	For Marbles,	20 2 3
	For Medical Resident's House,	£1,281 1 0
(2) Mr. A. D. CROW.	For Stable and Coach House,	£196	3	3		
(3) Do.	For Gate Lodge,	178 18 1		
						345 1 4
	TOTAL,					£1,626 2 4

Abstract of the preceding States.

	Original Estimates.	Cost of Works Executed.	Difference, being Increase.
I. Contract Work,	£6,962 3 9	£7,468 1 4 $\frac{3}{4}$	£505 17 7 $\frac{3}{4}$
II. Works not included in original Contracts, being for Boundary Walls—Day- time Works and Fittings of main Building, 2,545 17 6 $\frac{1}{4}$	2,545 17 6 $\frac{1}{4}$
III. Medical Resident's House, 1,281 1 0	} 1,626 2 4
Stable, Coach House, and Gate Lodge, 345 1 4	
TOTALS,	<u>£6,962 3 9</u>	<u>£11,640 1 3</u>	<u>£4,677 17 6</u>

NOTE.—The above Sums are exclusive of Furniture for Asylum and Medical Resident's House; and of Laying-out the Grounds, Planting, and other Works, for which Accounts have not yet been rendered.

DAVID COUSIN, *Architect.*

FIRST ANNUAL REPORT
OF THE
MEDICAL SUPERINTENDENT,
FOR THE YEAR 1863,

PRESENTED TO THE ARGYLL DISTRICT BOARD OF LUNACY.

THE Medical Superintendent has the honour of sub-
mitting to the District Board his Report for the year. General
result of
the Year.
The statistical tables have been calculated up to Decem-
ber 31st of the past year; but, owing to the exceptional
nature of the data furnished by the experience during
the year of opening, he has not carried them much into
detail.

The Asylum was opened for the admission of patients
on the 26th of May; but it was not until the 9th of
June that inmates were received from any of the parishes.
On the 30th of June the admissions had been thirty;
and on the 31st of July they had reached seventy-four.
The total number of admissions up to December 31st
was fifty-three males and forty-two females—total,
ninety-five. These consisted, for the most part, of trans-
fers from other asylums, but there were twenty admitted
directly from their homes or from poorhouses. Five
patients were discharged, and two died. The average
number resident since the 9th of June has been 73·6.

In the second statistical table are noted the forms Forms of
Mental
Disease.
which the mental disease assumed among those who have
been admitted during the year. It is there shown that,
of the seventy-five patients transferred from other

asylums, thirty-nine, or more than a half, have fallen into that hopeless condition known as *dementia*, where the power of reasoning is altogether gone. It is also worthy of notice that the proportion of epilepsy and general paralysis is unusually small, being only about three per cent.

Causes of
Insanity.

The third table shows the causes of insanity in those admitted from their parishes; and intemperance, as usual, occupies an important place among them. In nearly half the males the disease appears to have originated from this cause.

Duration
previous to
Admission.

In the fourth table the duration of disease previous to residence in an Asylum is shown; and it will be observed that all those cases in which there is a probability of recovery have been sent in within three months of the access of the malady.

Importance
of early
Treatment.

The importance of early treatment cannot be too forcibly impressed on the friends of patients, and on the members of Parochial Boards. In one case, a man admitted into the Asylum labouring under acute mania, was, owing to the deficiency of suitable means for his care previous to admission, allowed to burn himself so severely that, about a week after his arrival in the Asylum, he died from the effects of the injury. The wife of this man subsequently became insane, the disease having been produced, it is believed, partly by intemperance and partly by distress produced by the fate of her husband. She was sent in to the Asylum as soon as the necessary forms were prepared; and she has, since the commencement of the present year, been discharged recovered.

Occupation

The fifth table shows the occupations of the inmates previous to their admission. The majority of the males have been engaged in out-door occupations, either as labourers or as sailors and fishermen—thirty-five out of the fifty-three men having been so employed.

Social
Condition.

A remarkable preponderance of unmarried men and women is shown in the sixth table among those admitted

—sixty-seven per cent. of the whole number being in that condition.

The seventh table shows the ages of those admitted. Age.

The health of those resident in the Asylum has been Deaths. very satisfactory hitherto. There were only two deaths during the year, which is at the rate of scarcely five per cent. per annum of the mean number resident; and, excluding the case already alluded to, in which death was caused by an accident which occurred previous to admission, the per centage would fall to half that rate.

Among the most gratifying results of treatment in this Asylum may be mentioned the case of a female patient, who was transferred from the Glasgow Royal Asylum, and who was regarded there as one of the most determinedly suicidal patients in the institution. From the day of her reception here, she became less and less depressed, till December 4th, when the Medical Superintendent thought it to be his duty to authorise her liberation.

It could scarcely have been expected that the working of the institution would be so efficient hitherto as it may ^{Difficulties at Opening} hoped to be in future. For many weeks after the first admission of patients, the discipline of the Asylum was seriously interfered with by the continued presence in the house of painters and other tradesmen who were not amenable to the rules of the Asylum. The exercise courts and gardens have only recently been available to more than a very limited extent for providing suitable work and means of exercise for the patients. Most of the attendants were previously unacquainted with their duties. And in the case where considerable numbers of patients were drafted from other asylums into this, it was difficult, and sometimes impossible, to become acquainted with their peculiarities so as to adopt the most suitable treatment. These difficulties have now, to a great extent, been overcome.

An excellent kitchen garden of more than two acres in extent has been prepared. Pleasure-grounds have

Outdoor
Improve-
ment.

been fenced in and formed into lawn and shrubberies, and belts of forest trees have been planted in suitable localities. Considerable progress has been made in the preparation of the exercise courts; and a commodious laundry green has been formed. Though there has been some difficulty in providing suitable employment for some of the men, the female inmates have been kept industriously employed in the ordinary household work, and in making and mending clothes for themselves and the male patients.

Amuse-
ments.

A little has been done in the introduction of means of recreation, such as indoor games, dances, evening lecturing, &c.; but these important aids to treatment have not hitherto been so systematically organised as it is hoped to have them in future, and as they should be in every well conducted Asylum.

Diet.

The Dietary which was approved of by the Board, and of which the scale is appended to this Report, has been adhered to, and is found very suitable for its purpose. No extra allowances have been found necessary, except to those suffering from serious bodily ailments, who have always received whatever seemed likely to benefit them. The avoidance of the system of giving extra allowances to working patients has been attended with satisfactory results. No difficulty has been experienced in promoting industry among those to whom such an allowance would have been a sufficient incentive to employment; while at their meals it is productive of harmony and contentment among all. The dietary also appears to be generous enough to affect all that is to be desired in promoting bodily health and strength, which so materially aids in promoting recovery from mental disease, and almost always alleviates where it does not cure.

Public
Worship.

Divine service is performed every Sunday, alternately in English and Gaelic, by the Rev. Peter N. Mackichan and the Rev. William Fraser, the ministers of the Established Church of Scotland and of the Free Church of Scotland in Lochgilphead; and the services of either are

available at any time during the week when their visits are requested. Prayers are read every morning by the Medical Superintendent.

For an authoritative opinion as to the efficiency of the institution, the Medical Superintendent begs leave to refer to the Reports of Sir James Coxe and Dr. Browne, H.M. Commissioners in Lunacy in Scotland, at their statutory visits in July, 1863, and April, 1864, copies of which are annexed to this Report.

Though there is much that has been satisfactory among the incidents of the past year, there is one event which produced great though temporary alarm at the time of its occurrence, and was attended with considerable destruction of property. About six o'clock in the morning of the 2nd of December, it was discovered that the laundry and washing-house portion of the Asylum was on fire; and so thoroughly had the flames taken possession of that portion, that it was impossible to save it from destruction. By the energetic efforts of the servants of the Asylum, aided at first by a few patients, and afterwards by a number of the inhabitants of Lochgilphead, the fire was prevented from extending beyond the limits of the section of the building in which it originated. The conflagration was completely extinguished about two hours after it was first observed. Several articles in the washing-house were rescued before they were reached by the flames. It is a matter of great thankfulness that the fire did not extend to the inhabited portion of the institution, and particularly that no one was injured during the progress of the disaster. Nothing could have been more gratifying at such a time than the spirit evinced by the patients and servants, and the cordial assistance which was rendered by many of the people belonging to the village. The damage has now been almost completely repaired; and advantage has been taken of the opportunity to effect some improvements in the construction of the building, which will render the working of the laundry department more

Reports by
Commissioners.

Burning of
Laundry.

satisfactory than before. The loss is, as the Board is aware, entirely covered by insurance.

Cost of
Mainten-
ance.

It is difficult, after so short experience in the management of the institution, to calculate the probable future expense of maintenance. This is rendered all the more difficult by the exceptional nature of the first year, when the numbers of the Asylum officers and servants for a considerable time nearly equalled the number of patients; and many adjuncts to the economy of the establishment, such as the garden, &c., had not come into operation.

An approximation may, however, be made, by taking the expense of the last quarter—January to March, inclusive—and dividing by the average number of patients resident during that time. This expense, as near as can be calculated, after deducting all charges which do not properly come under the head of maintenance, gives the following result:—

	Per Quarter.			For each inmate per Week.		
Cost of Provisions,.....	£245	0	0	£0	4	2 $\frac{7}{8}$
„ House Expenses,	148	0	0	0	2	6 $\frac{5}{8}$
„ Clothing,.....	55	0	0	0	0	11 $\frac{3}{8}$
„ Freight,	7	0	0	0	0	1 $\frac{3}{8}$
„ Salaries and Wages,	169	0	0	0	2	11
	<hr/>			<hr/>		
	£624	0	0	£0	10	9 $\frac{1}{4}$
Average number resident,..... 89						

It is probable that, in future, the number of patients will be greater, which will reduce the proportionate expense of salaries and wages, which in small institutions constitute a much larger per centage of the expense than in larger ones. Indeed, about twenty additional patients could be received into this Asylum without any change in the present staff.

Erection of
Piggery.

The Medical Superintendent is desirous of directing the attention of the Board to the recommendation by Dr. Browne, one of the Commissioners in Lunacy, as to the advantage of a piggery in connection with the Asylum.

There is a considerable quantity of refuse from the kitchen of all establishments of similar size, which cannot be used with greater advantage than in the feeding of pigs. It would not require any increase in the number of servants.

A list of the staff of officers and servants is appended to the Report. The Medical Superintendent has much pleasure in recording his gratification with the manner in which his directions have been carried out by the Steward, Mr. MacLeod, and the Housekeeper, Miss Graham, and also by the servants under their superintendence.

JOHN SIBBALD, M.D.,

Medical Superintendent.

April, 1864.

TABLE I.

GENERAL RESULTS OF THE YEAR ENDING 31ST DEC., 1863.

				Males.	Females.	TOTAL.
Transferred from other Asylums,	-			42	33	75
Admitted from Parishes,	-	-	-	11	9	20
Total number under treatment,	-	-		53	42	95
Discharged Recovered,	-	M. 1	F. 2			3
„ Relieved,	-	2	0			2
Died,	-	-	-	2	0	2
Total Decrease in number,	-	-		5	2	7
Total number resident on Dec. 31,	-			48	40	88
Average daily number resident since 9th June, 1863, 73·6.						

TABLE II.

FORMS OF MENTAL DISEASE IN THOSE ADMITTED.

	Transferred from other Asylums		Admitted from their Parishes.		TOTAL.
	Males.	Females.	Males.	Females.	
Mania, - - -	1	4	2	2	9
„ acute, - -	1	1	2	1	5
„ remittent, -	1	4	1	0	6
„ with epilepsy, -	1	0	0	0	1
Melancholia, - -	5	1	1	3	10
Dementia, - - -	22	17	1	0	40
„ with epilepsy,	1	0	0	0	1
„ with general paralysis,	1	0	0	0	1
Delusional Insanity, -	8	3	3	1	15
Congenital Imbecility, -	0	3	1	2	6
Idiocy, - - -	1	0	0	0	1
	42	33	11	9	95

TABLE III.

SUPPOSED CAUSES OF DISEASE IN THOSE ADMITTED FROM
THEIR PARISHES.

					Males.	Females	TOTAL.
Physical.	{	Intemperance, - - - -			5	0	5
		Destitution, - - - -			1	0	1
		Disease of Brain, - - - -			0	1	1
		Change of Life, - - - -			0	1	1
		Amenorrhœa, - - - -			0	1	1
		Death of Husband & Intemperance,			0	1	1
		Congenital, - - - -			1	2	3
	{	Danger at Sea, - - - -			1	0	1
		Disappointed Affection, - - - -			1	0	1
		Unknown, - - - -			2	3	5
					11	9	20

TABLE IV.

DURATION OF INSANITY IN THOSE PATIENTS ADMITTED FROM THEIR
PARISHES, AND THEIR CONDITION WHEN ADMITTED.

Duration of Disease.	Incurable.		Curable.		Already Dis- missed Recovered	
	Males.	Females.	Males.	Females.	Males.	Females.
Under 1 month,	0	0	3	4	1	0
„ 3 „	2	0	0	1	0	0
„ 6 „	1	0	0	0	0	0
„ 1 year, -	0	1	0	0	0	0
„ 2 „	1	1	0	0	0	0
Above 2 „	3	0	0	0	0	0
Congenital, -	1	2	0	0	0	0
TOTAL, -	8	4	3	5	1	0

TABLE V.

OCCUPATIONS OF THOSE ADMITTED,

Males.			Females.		
Ship Carpenters,	-	3	Engaged in Household		
Foreman of Works,	-	1	Work at Home,	-	9
Mason,	-	1	Domestic Servants,	-	15
Cartwright,	-	1	Farm Servants,	-	3
Shoemaker,	-	1	Dressmakers,	-	2
Gardeners,	-	3	Lady's Maid,	-	1
Brassworker,	-	1	Crofter,	-	1
Fishermen,	-	5	Mill Worker,	-	1
Sailors,	-	5	Bleacher,	-	1
Labourers,	-	15	Winder,	-	1
Farm Servants,	-	4	Hawker,	-	1
Shopkeepers,	-	3	Mendicant,	-	1
Clerk,	-	1	None,	-	6
Auctioneer,	-	1			
Schoolmaster,	-	1			
Quarryman,	-	1			
Herd,	-	1			
Hawker,	-	1			
None,	-	2			
Unknown,	-	2			
TOTAL,	-	53	TOTAL,	-	42

TABLE VI.

SOCIAL CONDITION OF THOSE ADMITTED.

	Males.	Females.	TOTAL.
Married,	14	5	19
Single,	35	28	63
Widowed,	1	9	10
Not known,	3	0	3
TOTAL,	53	42	95

ARGYLL DISTRICT ASYLUM DIETARY.

	BREAKFAST.										DINNER.										SUPPER.																
	MALES.					FEMALES.					MALES.					FEMALES.					MALES.					FEMALES.											
	Oatmeal.	New Milk.	Oatmeal.	New Milk.	Or	Tea.	Sugar.	New Milk.	Bread.	Butter.	Potatoes.	Pea Soup.	Dumpling.	Rice.	Sugar.	New Milk.	Vegetables.	Fish.	Oatmeal.	New Milk.	Or	Tea.	Sugar.	New Milk.	Bread.	Butter.	Oatmeal.	New Milk.	Or	Tea.	Sugar.	New Milk.	Bread.	Butter.			
Sunday,.....	oz. 8	pt. ½	oz. 5	pt. ½	...	oz. ½	oz. 6	oz. 6	lb. ½	pt. 1½	oz. 12	oz. 4	oz. ½	oz. 8	lb. ½	oz. 8	oz. 56	pt. 3½	pt. ½	oz. 7 ⅞	oz. 3½	oz. 14	oz. 42	oz. 3½	oz. 35	pt. 3½	pt. ½	...	oz. 7 ⅞	oz. 3½	oz. 14	oz. 56	oz. 3½	oz. 35	pt. 3½
Monday,.....	8	½	5	½	...	½	6	2	6	4	½	8	8	8	½	...	½	2	8	8	5	5	½	...	½	2	8	8	5	5	½
Tuesday,.....	8	½	5	½	...	½	6	2	6	4	1 1½	...	12	8	8	½	...	½	2	8	8	5	5	½	...	½	2	8	8	5	5	½
Wednesday,...	8	½	5	½	...	½	6	2	6	1 1½	12	8	8	½	...	½	2	8	8	5	5	½	...	½	2	8	8	5	5	½
Thursday,.....	8	½	5	½	...	½	6	2	6	1 1½	8	8	½	...	½	2	8	8	5	5	½	...	½	2	8	8	5	5	½
Friday,.....	8	½	5	½	...	½	6	2	6	1 1½	8	8	½	...	½	2	8	8	5	5	½	...	½	2	8	8	5	5	½	
Saturday,.....	8	½	5	½	...	½	6	2	6	1 1½	8	8	½	...	½	2	8	8	5	5	½	...	½	2	8	8	5	5	½
TOTAL,.....	56	3½	35	3½	...	7 ⅞	42	14	3½	6	4½	1½	12	4	½	8	...	8	56	3½	pt. 3½	...	7 ⅞	3½	14	56	3½	35	3½	...	7 ⅞	3½	14	56	3½	35	pt. 3½

Each Ration of Broth shall contain 4 oz. of Cooked Meat, exclusive of bone, (which may be used at dinner), 2½ oz. of Barley, 1½ oz. of Vegetables.
 Each Ration of Pea Soup shall contain 4 oz. of Cooked Meat, exclusive of bone, (which may be used at dinner), 3½ oz. of Pease.
 Each Ration of Dumping shall contain 6 oz. of Flour or Oatmeal, 2 oz. of Suet, ½ oz. of Currants, ½ oz. of Sugar.
 8 oz. of Bread are considered equivalent to 1 lb. of Potatoes.
 8 oz. of Fish are considered equivalent to 4 oz. of Cooked Meat.

STAFF OF OFFICERS AND SERVANTS EMPLOYED
IN THE ARGYLL DISTRICT ASYLUM.

						Salaries and Wages		
						£ Annum.		
Medical Superintendent,	-	-	-	-	-	£210	0	0
Steward, - - -	-	-	-	-	-	50	0	0
Housekeeper, - -	-	-	-	-	-	30	0	0
Five Male Attendants,	-	-	-	-	-	130	0	0
Four Female Attendants,	-	-	-	-	-	45	0	0
Gardener, - - -	-	-	-	-	-	30	0	0
Cook, - - -	-	-	-	-	-	14	0	0
Laundress, - - -	-	-	-	-	-	14	0	0
Housemaid, - - -	-	-	-	-	-	10	0	0
TOTAL,						£533	0	0

All, with the exception of the Medical Superintendent, receive board and washing in addition to their salary or wages.

ENTRIES

BY THE

COMMISSIONERS IN LUNACY.

ARGYLL DISTRICT ASYLUM, *10th July*, 1863.

THE Asylum has now been in operation about a month, the first patient having been received on the 9th of June. The inmates at this date are 56 in number, comprising 27 men and 29 women, all of whom, with 5 exceptions, have been transferred from other Asylums. Of the 5 patients received directly from their parishes, at least 3 appear to have been insane for a considerable period. The benefits which the Asylum is calculated to confer on the district cannot, therefore, be estimated by the immediate number of cures, as almost the whole of the patients as yet received must be regarded as incurable. Nevertheless, the improvement in the general condition of several has, since their admission, been very marked. No discharges and no deaths have as yet taken place.

Although no decided opinion can as yet be expressed on the condition and management of the establishment, there are already very satisfactory indications that it will be conducted in an able and efficient manner. At the visit no patient was found in bed or in seclusion, no one was noisy or excited, and all were neat and clean in person and dress. The numbers dining in the hall comprised the whole of the patients, with the exception of 3 men and 9 women, who for the most part had only been very recently admitted.

As might be expected from the recent opening of the house, there are various minor matters which require to be rectified; but the experience already acquired in the general working of the establishment shows that it is well adapted for its purpose. The arrangement of the wards is convenient and more domestic than is usual in similar institutions. The clothing and bedding appear to

be of good quality, and their material to have been judiciously selected. Hair mattresses are provided for all the beds, and the arrangements of those of the patients of wet habits appear well adapted to secure their comfort and to ensure cleanliness. The furniture generally is comfortable and appropriate. The diet is varied and good, being pretty much in accordance with that prescribed by the General Board for the patients in lunatic wards of Poor-houses, and it is found sufficiently ample to render the prescription of extra diet, as a rule, unnecessary. Its average cost per head is at present estimated at 6d. a day; but this will probably be reduced when the garden has been formed and the land brought into cultivation. The meals are served with neatness and comfort, and knives and forks and appropriate dishes of earthenware are habitually used.

The staff of officials consists of 10 attendants—5 male and 5 female—of a steward and messenger; and of a housekeeper, cook, laundress, and housemaid. These numbers will probably suffice for the establishment when full. A considerable portion of the patients are industriously employed, the men in laying out the grounds, and the women in sewing and other female occupations. Only 9 males and 10 females are reported as not in any way occupied. Although the grounds are in a very rough and unfinished state, scarcely any of the patients are restricted to the airing courts; and, indeed, under present circumstances, any such restriction would be scarcely possible. Considerable progress has been made in completing or perfecting the internal arrangements of the house, in furnishing, painting, &c.; but in a great degree this must be a question of time, and also, to some extent, one of experience. So far as can be judged at this season, the ventilation appears good, and there is also reason to think that the means of heating will be found adequate. The house is now reported completely water-tight.

Considering the numerous difficulties under which the Asylum has been opened, its general condition must be regarded as highly creditable to its management.

(Signed)

JAMES COXE,
Commissioner in Lunacy.

ARGYLL DISTRICT ASYLUM, 12th April, 1864.

THIS establishment may now be regarded and reported on as in an efficient working condition. It contains 50 males and 43 females. Fifty-three persons have been admitted, 10 have been discharged, and 3 have died since the 10th July, 1863—the date of the last statutory inspection. Of the number received, 27 were transferred from other Asylums; but, latterly, a large proportion of the cases have been sent in directly from the district, so that it seems fair to conclude that nearly the whole of the confined insane belonging to the county have been placed in the Asylum provided by law for their “care and treatment,” as of the number coming from private dwellings, 14 only were chronic, and 12, in some sense, recent, although not all acute. An appreciation of the expediency of early seclusion and treatment appears to be growing up in the minds of those intrusted with the charge of the insane. From the state of the cases admitted, however, it is very obvious that there still must remain in their homes, or in the houses of strangers, a large number of helpless and neglected lunatics, for whose amelioration this Institution is intended.

In direct contact with the patients there are a steward and head attendant, 6 male and 7 female attendants, all of whom, with one exception, speak Gaelic. This is very satisfactory, as at least one-fourth of the lunatics either do not speak English, or speak it imperfectly. Such an arrangement is not merely consolatory to the persons under treatment, but it is absolutely necessary for their treatment. The fact that one of the superior officers is familiar with the language of the country affords a guarantee for the protection of the patients from harshness and mismanagement. Worship is performed in English and Gaelic alternately.

Mental disease presented itself in the entrants as chronic mania in 1; as congenital imbecility in 2; as idiocy in 3; as acute mania in 5; as mania in 7; as delusional insanity in 7; as melancholia in 7; and as dementia in 21. Nine of those admitted presented symptoms of weak bodily health. Ten persons have been discharged—6 as recovered, 3 as relieved, 1 as not improved. Death is attributed in one case to pneumonia; in one to the exhaustion following acute mania, and to a burn received during its continu-

ance, but previous to admission, and in another to acute dysentery. The ages of the deceased were respectively, 38, 61, and 28. Each of the first two patients had resided about a month in the Asylum; the last had been nearly eight months.

Twenty men and thirteen women are described as industrially employed. When the house was visited, 16 men were engaged in laying out and preparing the exercise yard connected with their own galleries, while a smaller party were busied in the grounds, a large portion of which are now entrusted to their care for cultivation. The approach is now in a forward state; the slopes have been planted; the terraces at the south-west front have been completed; the garden, fields, &c., have been enclosed by a wire fence; a conservatory has been erected in connection with the Medical Superintendent's house, but for the purpose of supplying the Asylum with flowers, &c.; and the whole of the immediate vicinage is assuming a pleasing aspect. Out-of-door operations are still somewhat disturbed by the presence of workmen in erecting the additions to the laundry, sanctioned by the Board, and the entrance lodge. The present state of the former, and the necessity for using one of the apartments destined for patients as a temporary laundry, has caused the removal of one group to the infirmary, which was found somewhat crowded. To the small size of the latter it is necessary to direct attention. For whomsoever intended, the house is of small dimensions; but should the steward and head attendant be assigned it as a residence—an arrangement which exists and is found to work advantageously in many establishments—it would be unworthy his position, and uncomfortable in the event of his having a family.

Every part of the house was examined, and found to be scrupulously clean and comfortable and cheerful, except the scullery. The small size, and the period of the day when it was visited, may explain the circumstance. A book-case in one room, wardrobes in several, mirrors in the dormitories, may be mentioned as recent additions; and the conversion of a dark closet in the passage in the second male division into a scullery must be regarded as a decided improvement. The dépôts for shoes, &c., might, however, be more conveniently disposed of in the passage or porch of the division than in the day-rooms.

The bed and body clothes were clean and suitable; special provision against degraded habits was seen in only one instance; and the arrangements for the personal comfort of the inmates appeared to be ample. Dinner was served in the presence of the reporter to 38 men and 30 females in the public refectory. The meal was ample and neatly served. The apartment, however, seems to be nothing more than sufficient for the resident population. Twenty-one individuals are confined to the courts; but it was pleasing to see—notwithstanding this restriction, and in addition to the working parties—groups of 12 or 13 of each sex walking in the grounds and beyond them. In-door amusements have likewise been provided; but these should be the gradual growth of time and mature organization. Prayers are read daily by the Superintendent to about 43 patients.

At this stage it may be prudent to consider whether the construction of pig-styes might not provide means of occupation for certain of the patients, and become a source of economy and profit to the establishment—whether boarding the walls of the narrower passages might not prevent breakage and discoloration—while papering and varnishing of the upper part of these, and of the walls of the day-rooms generally, would not greatly increase the cheerfulness and cleanliness of all the inhabited sections. An increase in the number of small wardrobes, of chairs in the dormitories, of easy chairs in the sick-room or for the infirm, wherever they may be, and the provision of a piece of carpet beside each bed, would add much to comfort and convenience.

The books, registers, orders, were examined. Two females were found in seclusion—in one case on account of excitement; but it appears that this mode of meeting difficulties in treatment is very rarely had recourse to.

The progress and present state of this establishment are most satisfactory, and indicate sound discretion and good management.

(Signed) W. A. F. BROWNE,
Commissioner in Lunacy.